

Arlington Council on Aging

Meeting Minutes May 19, 2016

Present: Mara Klein Collins, Jim Munsey, Noreen Murphy, Sue Culhane, Paul Raia, Ann Fitzgerald, and Marge Vanderhill.

Associate members present: Karen Nichols and Bob Tosi

I. Call to order: The regular meeting of the Council on Aging Board was called to order by Mara Klein Collins at 6:03PM on May 19, 2016, at 27 Maple Street, Arlington, MA.

Citizen's Open Forum: No one present.

II. Jenny Raitt, Director of Planning

A. Focus: Age-Friendly Community

B. Renovation of the current senior center

1. As the third and fourth floors are vacated the rents that support the senior center are lost. Several organizations are interested in renting the space: Arlington Council for the Arts, Mystic River Watershed, and Metropolitan Home Care.
2. Following the Feasibility Assessment of the present building construction documents are put out to bid. Two million dollars will be submitted in the 2018/2019 budget for the renovation of the building. The front of the building is in the next budget year.
3. Paul Raia pointed out 22% of Arlington's population is over sixty years of age and the numbers are rising. The present facility is not adequate to provide the needed services.
4. Lack of available parking was also addressed. Bill Murphy's unofficial survey result showed the majority of seniors drove to the center.

III. Old Business: AARP: Mara and Paul will follow up with Sandy Albright.

IV. Report of the Chair

A. Arlington Director of Planning and Development: Jim and I met with Jenny Raitt, Director of Planning and Community Development with the main purpose to establish a relationship so as to work together to get funding for the COA building. Notes from the meeting are attached. Jenny will be first on the agenda for our May meeting.

B. Minuteman Senior Services: Joan Butler said all would be on hold re: an Arlington representative until the next vote was taken, and possibly until the new Director begins. I suggest inviting the new Director at our September or October meeting.

C. Follow up Presentation to Selectmen and Finance Committee: Jim and I will update once the 2016/17 budget is finalized and we have the data for FY15/16

from My Senior Center. This should be possible to present in August, possibly July.

D. Board Training: I attended with Jim, Paul, Karen, Bob and Noreen. It was very informative and affirming for our Board as we were doing more to advocate for our seniors. Thanks to all for participating. Notes Jim and I prepared are included.

E. ACMI: I joined Susan on air and presented some highlights from our presentation. Jim and I will give the presentation in the next couple of weeks. I focused on painting the picture of needs, citing a few stats: number of seniors who are homeowners, needs for funding improvements to the senior center. I finished by saying while the schools are certainly important and the seniors advocated for the schools when their children attended, just as the parents are doing now, you need to advocate for senior needs.

F. AARP Age Friendly Communities: Paul and I met to review the program and plan next steps. A big plus for us in getting town approval will be to reach out to Vision 2020. I have reached out to Sandy Albright, State President to invite her to attend our June Board meeting.

V. Executive Directors Report: April-May 2016

A. Semester ended for the 6 nurses. Thank you to Mark Waksmonski for his preceptor role. □

B. Academic year ended for SW intern. Thank you to Lourie August for her preceptor role. □ Kailey Face was at the COA for the entire academic year. □

C. Executive Director met with League of Women Voters to discuss how to reduce obstacles for registered voters living in Arlington Housing Authority. The focus was on transportation. □

D. Stroke Awareness month is May. ED and stroke nurse at Mount Auburn filmed a □ segment on “Living Out Loud”. □

E. ED met with Alex Graham, Director of Protective Services at EOEA along with Jonathan Fielding, Protective Officer at EOEA. Discussion around the Bankers Forum on May 25. This is a very exciting opportunity to bring bankers, law enforcement, and COA together to build capacity at the community level. This is not open to the public. □

F. Collaboration between COA and MMSS to showcase breakfast foods that will be available to residents at Drake Village has been posted from May 17 to May 25. This □ program is now anticipated to go “live” in June. □

G. Farmers Market program sponsored by Lahey is still on target for a mid-June start.

VI. Other Reports

Friends of the COA: Mara will attend a Sunday barbecue.

VII. Minutes of the April 21, 2016, were accepted. Noreen Murphy so moved and Jim Munsey seconded.

VIII. New Business: Recap of COA Board Training

Notes from COA Board Training May 10, 2016 Emmett Schmarsow

Emmett □

Send copy of scam postcard □ Send results of Vision 2020 survey □ Send presentation (done)□

Fund raising □ Use inserts in town mailings for fundraising or info (need assistance in case of power outage): Property tax bills and Census Investigate printing at Minuteman Regional School□

Strategic Plan □ Consider creating one as part of our presentation and Vision 2020 data: Nahant created a strategic plan. Let's request a copy of it□

Promoting ourselves ACMI □ We are ahead of the game with Susan's program. Emmett suggested Susan have seniors on either side of her. □ Thought: promote the breadth of the COA by televising parts of programs, chair exercise program and segment on fitness for a program □ Let's do a program at the COA and AMCI on the override and seniors. Respond to their concerns, options.□

Outreach □ Consider "brown bag" program collecting senior meds as a good way to get seniors in the building. □ Create a relationship (if we don't have it) with the Arlington Senior Men's Association. Perhaps Jim and/or Paul can make a presentation. □ Outreach to local groups (Rotary, etc). □ Create a relationship with the Assessor's office to advise if seniors are behind in their property tax payments as it may be a senior in need of services. □ Casework discussed with first responder group. (Believe we do this already working with police, fire, EMS).□

My senior center □ Investigate keycards (like store keychain cards) □ Captures who is in/out, personal info, programs intended (challenge for us will be multiple entrances) □ See photos□

Presentation □ Add a slide showing a big check in the amount of \$ our volunteers save us. Also present in public place and get photos in Advocate. □ Another suggestion was to present it to the selectmen (would have to do diplomatically, may create more programs).□

Programs □ Handyman: Get some of the men who like to putter and have them do projects.□

Board meetings □ Keep meetings to a reasonable length (one hour). □ Put times next to agenda items and chair/director hold to it.□□□□

IX. Other Business: New board officers will be selected in June.

X. Meeting was adjourned at 7:35 pm.

